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(HOW TO DO IT)

By

HEREWARD CARRINGTON, Ph.D.

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CRYSTAL GAZING:

HOW TO DO IT

Crystal-Grazing is very ancient. The Egyp- looking into a ball of crystal, glass or some similar substance and endeavouring to see within it pictures or images which apparently present themselves to the eye, while thus gazing at it.

Crystal-Gazing is very ancient. The Egyptians used it in their practices of divination, and, throughout ancient history, we find traces of this magical art. In the middle-ages it was revived, especially by the learned Dr. Dee, who lived in the reign of Queen Elizabeth in England, and who employed a seer or "scryer" by the name of Kelly. Dr. Dee wrote a book on his researches, which work is now classical.

In more recent times Crystal-Gazing has been made a subject of special study by the Psychical Research Society and several books may now be had upon the question. It is a very simple and at the same time one of the safest means of psychic development. It is not necessary, as a matter of

fact, to employ a crystal or even a glass ball, particularly if you are a good subject, but it would greatly help matters if you did possess one, and we should advise the student to procure one if possible and use this for purposes of experimentation.

HOW TO BEGIN

The best way to begin is to procure a crystal of at least three inches in diameter, larger if possible, and mounted upon a slender wooden stand. The stand and crystal should be placed against a background of black felt or cloth, and the crystal should be shaded with more cloth of the same character, so that there is no high-light anywhere upon it, that is, no point upon which the sun's rays fall, making it a bright spot. If the outlines of the ball appear a little cloudy and uncertain, owing to the semi-darkness, this will often help matters.

Place yourself in front of the ball, your eyes being about a foot from its surface. You should be seated in a comfortable chair, your eyes shaded from the light, and relaxed in body and quiet in mind. Gaze steadily at the crystal for a few minutes; do not strain or focus the eyes particularly upon any part of the ball or try to see into its interior. Do not blink the eyes more than you can help; at the same time do not strain them by trying to keep them open for any length of time without blinking. Do not let your eyes wander from the ball nor your attention relax from the subject in hand. Do not let your eyes stare vacantly, but look intently at the ball without undue strain or concentration. Try not to think of anything in particular during the process of this gazing; make the mind fairly blank, at the same time do not allow yourself to become sleepy or the mind to become totally blank to outside impressions.

It is inadvisable to keep this up for more than five minutes at a time at first, for if you do you will find that your eyes will become strained and will "water" after you leave off the experiment. If this is the case, you may be sure you have continued gazing for too long a period. As in automatic writing it is advisable, if possible, to sit at the same time every day, while developing, and for the same length of time each day. This time may be lengthened as you progress, though it is

usually found unnecessary to look into the crystal for more than a few minutes at a time, for you cannot get consistent, long-drawn-out visions, as you can Automatic-Writing.

EXPLANATION OF CRYSTAL-GAZING

Crystal-Gazing depends largely upon the ability possessed by the psychic to "visualize" or express in pictorial form, thoughts and images which arise from the subconscious mind. The majority of crystal visions are of this character. You must not assume that because you see figures in the ball that these figures are really in that place—that is, that they are objective or external and exist within the crystal. No—they are mental pictures or hallucinations, but they are expressed or externalized in this way.

For example: You may think of a friend's face and bring it up vividly before your mind's eye, as a memory picture. Now, in ordinary life, the process of externalization ends there, but if you are a good visualizer you can carry it further, and actually project into the crystal the picture of your thought, placing it *in* the ball, where you will see your friend's face clearly reflected from

within its depths. But your friend is not really in the ball; it is merely your mental conception or picture of him. Nearly all crystal visions are of this character, as before said.

SUPERNORMAL CRYSTAL VISIONS

Crystal visions, however, often contain information and messages, which the sitter could not possibly have known naturally, and which are conveyed to him by this means. For instance, you may look into the ball one day and see, acted before you in the crystal vision, a tragedy in which some friend of yours plays a part. You know nothing whatever about this, yet later on you receive from this friend a letter, telling you of the details of the tragedy in question. Your vision has proved correct. It is authentic and "supernormal" in character. Thus you will see that crystal-visions are more than mere empty visions or hallucinations. The character and content of these pictures often convey striking information and they may be telepathic, clairvoyant or premonitory—just as dreams are—or they may represent genuine spirit messages, conveyed from some deceased friend or relative. It is no unknown thing to see words written in the ball as

though you were reading handwriting. A friend of ours once looked into her crystal ball and saw within it a newspaper notice of the death of her dearest friend. She was totally ignorant of the fact and only learned it later on. This same lady, who is a writer, has the power of projecting or placing in the crystal, at will, figures or scenes which she conjures up before her, and when they are in the ball they will continue acting out the parts assigned to them, just as they would in a dream—for the figures seen in the crystal are not inert and motionless, but move about and appear to have life and motion of their own. On many occasions when this lady placed the characters of a novel she was writing into the crystal by an effort of will, she was enabled to see them there, and they frequently enacted certain scenes which gave her a good idea for the continuation of the plot of the novel she was writing!

In such a case, you will see, crystal-gazing performed a very useful and practical service.

HOW TO DEVELOP THE POWER

You may develop the power of visualizing in yourself, which is extremely important, by such simple imagination-exercises as the following:

Ask yourself a question, such as "What was the colour of Mother Hubbard's dog?" "Was Jack, the Giant-killer, dark or fair?" "Was Helen of Troy tall, or small and slender?" Such questions as these should bring up before your mind's eye an immediate answer in the form of a mental picture of the person or event in question, and if they do *not* do so, you may be sure that your power of visualizing is not good and will have to be developed before you can have clear crystal visions. If your power of visualizing is extremely good you will probably be enabled, after a certain length of time, to dispense with the ball altogether, and see your visions upon a white or black background, by concentrating upon it, and finally anywhere in space that you may choose to induce them.

When you have arrived at this stage of development, however, you are very far along the path of successful mediumship!

CLOUDING AND VISUALIZATION

If you are to obtain crystal visions you will probably notice that, just before the vision appears, the ball will cloud over as though a black-

ish grey mist were filling it, or were interposed between your eyes and it. This "clouding," as it is called, is well known and is a symptom of oncoming visions.

If, after sitting for five minutes every day for a couple of weeks, you do not obtain any visions at all, you may rest assured that you are a very poor visualizer, and will probably not succeed in this direction.

You might try, however, one simple experiment for a few days longer. Gaze at a bright and highly coloured object upon which the light is falling for about a minute; then close your eyes for a few seconds, and then look at the ball. If you are ever to see anything you should, after a few attempts, see within the ball a duplicate of the object you have been looking at, in its complementary colours.

It is asserted by a certain school of occultists that the visions seen within the crystal are not invariably subjective or hallucinatory, but are real entities, and that the figures have an independent existence apart from the seer. This, however, is a complicated question which is unsuitable for a primary course of instruction in psychic development such as the present. It will therefore be omitted from consideration with this brief mention.

EXERCISES FOR DEVELOPMENT

Miss X., one of the most successful crystal-gazers in the world, gives the following practical exercises for the would-be crystal-gazer. She says:

(A) Look carefully at some part of the room in front of you, avoiding anything likely to be reflected in the ball. Shut your eyes and try to visualize it. Then try if you can see it in the crystal. If you have any gift for visualization at all, this ought to be easily acquired, after half a dozen experiments.

(B) First, visualize with closed eyes some simple scene you have lately witnessed, and then as before try to transfer this to the crystal. This exercise should be practised over and over again, choosing subjects of increasing complexity—beginning, let us say, with a chair or table, and ending with the table spread for a dinner party, and the chairs occupied by the guests.

(C) Visualize some scene of which you have

lately heard or read a description: "The boy stood on the burning deck"; "Under a spreading chestnut tree, the village smithy stands"—or the like, and transfer *that* to the crystal.

(D) Imagine a scene, painted with your fancy. Think of it till the details are quite clear, and transfer that again to the crystal.

Practise all this again and again—making your pictures more and more detailed and elaborate as you go on.

(E) Then begin the whole series over again, but looking this time directly to the crystal for your pictures, without a separate effort of visualization in advance.

WHAT CRYSTAL VISIONS ARE

The images seen in the crystal may be:

(1) Images of something unconsciously observed; or images of things consciously observed.

(2) Images of ideas unconsciously acquired from others by thought-transference or other means.

(3) Images possibly clairvoyant or prophetic.

The power of crystal-gazing may considerably facilitate (though it is by no means necessary to) the power which we call "clairvoyance." Either

may exist without the other—though, speaking from my own experience in the investigation of such subjects, I am inclined to think that the "seer" is, for the most part, of the "artistic temperament" and therefore, probably, a visualizer. He is, even when most simple, even when illiterate, a lover of Nature and the beautiful. I use the word "seer," of course, as a possessor of the seer temperament—not merely the recipient of some psychic message, on some single or rare occasion of emotion or excitement.

One point must never be lost sight of, *viz.*, that it is quite possible for the sitter to be able to see things in the ball at one time and not at another. In fact, many of the best crystal-gazers in the world have lost the power for weeks and months together. This being so, you should endeavour to obtain visions at various times and under varying conditions, and not be discouraged if such images or pictures fail to appear in the ball the first time you try to "see" them there.

SHELL HEARING

If you place to your ear two large conch-shells, you will hear a peculiar rushing or roaring sound as of the sea in the far distance. This is only nat-

ural and probably due to the air within its cavities and the resoundng properties of the various curves of the shell. So far all is simple enough, but many persons, who are slightly psychic, as soon as they place the shells to their ears, hear distinct and characteristic sounds, usually in the form of whispered or spoken words. These words may be inarticulate, they may be incoherent like dreams, they may repeat your own name time after time, or they may convey systematic and definite messages.

As in the case of Crystal-Gazing, Dreams and Automatic-Writing, Shell-Hearing is a method of "externalizing," or expressing in outward form the thoughts and auditory messages of the subconscious mind. But they may be more than this. They may at times embody telepathic, clairvoyant or premonitory messages, or they may represent genuine spirit communication. It all depends on the content of the message, and upon the character of the word spoken, just as in Planchette-Writing. If you obtain a jumble of nonsense you may be sure that it is the product of your own subconscious activity, but if you obtain a characteristic and direct message you may be reasonably

sure it emanates from the friend it purports to proceed from. So in Shell-Hearing it is the same.

IMPORTANT WARNINGS AND ADVICE

If the messages are nonsensical they should be disregarded; if, on the other hand, they are interesting, clear-cut and are proved to be correct, you should regard them as genuine, mediumistic messages, and they should be judged and valued by you accordingly.

In all cases of this character, here as elsewhere, you must use your own critical judgment and common-sense upon the messages you receive. Shell-Hearing is certainly one of the clearest and at the same time one of the most pleasant methods of receiving communications that can be employed. The voices which you hear may be recognizable or unrecognizable. It is the former that are a good proof of authenticity. They may develop by themselves or emerge from a confused babble of sound. Unrecognized voices will often utter warnings or convey information of this character. Human voices are not always heard in the shell, but occasional musical and other sounds which can not easily be described.

Finally, an important warning should be heeded. If after discontinuing Shell-Hearing, you continue to "hear voices" you should immediately drop all experiments for some days, as this phenomenon of "insistent voices" is one of the first symptoms of danger. As long as the manifestations are well controlled, you may feel that you are on the safe road, and developing as you should; but if they begin to get beyond your control, you should stop Shell-Hearing for some time, until you have strengthened your inner self, to such an extent that you think it advisable to continue experimenting again in this direction.

Your Psychic Powers

And How to Develop Them

By Hereward Carrington, Ph.D. *Author of "Modern Psychical Phenomena," "The Coming Science," "True Ghost Stories," etc.*

Thousands of persons to-day are experimenting at random in an endeavor to induce psychic phenomena, with the usual result that they either get no results, or run into unknown dangers and difficulties. The present work is designed to advise and assist all such persons in their development, warn of possible dangers, and give sound advice as to methods of personal and group development. However, the book is of great interest and value to the general reader, no less than to those wishing to develop their psychic powers. This, the most complete work of its kind thus far written, is by a recognized authority, and is based upon years of careful research and experimentation. It covers such topics as: How to Develop; Crystal Gazing; Automatic Writing; The Cultivation of Sensitiveness; Symbolism; Colors; Dreams; Trances; Physical Phenomena; Spiritual Healing; Obsession, Its Prevention and Cure; Snares and Pitfalls to Avoid, etc.; Psychometry; Clairvoyance; Telepathy. Practical advice is given, as well as exercises for psychical development.

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